

ST MICHAEL'S
C OF E
PRIMARY
SCHOOL

Lunch Menu

SPRING/SUMMER
2023

Food Facts

- Our meat and fresh seasonal fruit and vegetables are sourced from local suppliers.
- Farm Assured Red Tractor Chicken is used.
- Fresh Bread is wholemeal or 50/50.
- Our White Fish and Salmon are MSC certified.
- Fruit based desserts are offered to increase nutritional value.
- All burgers and sausages meet the recommended standard.
- Free range eggs are used.
- Yeo Valley organic yoghurts are served.

The School Lunch Company menu has been compiled using ideas from the children, Chef Manager and team.

We are passionate about the food and offer a freshly prepared, healthy, nutritious meal every day using fresh produce from local suppliers.

We look forward to welcoming you.

Food for physical and mental energy

Our menu meets the requirements of the Government's latest School Food Plan. Research has shown that a hot, two course lunch provides the essential physical and mental energy to get through the demands of a school day.

Allergy information

If your child has an allergy or intolerance please ask a member of The School Lunch Company team for more information. Allergy menus are available upon request and at the discretion of TSLC.

Fresh bread available daily



This award is for our sustainable catering.



The Red Tractor shows our UK farms sourced food is produced to high standards from field to fork.

QMS ratings show our commitment to high quality standards.



We use MSC certified fish to encourage well-managed and sustainable fishing.



Rainbow salad bar available daily



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February					March					April					May					June					July				
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ST MICHAEL'S C OF E PRIMARY SCHOOL – SPRING/SUMMER 2023

		Mindful Meatless Monday	Sugar Smart Tuesday	Mid-Week Roast Wednesday	Top Choice Thursday	Fish-tastic Friday
Week 1	Main Option 1	Macaroni Cheese	Minced Beef Puff Pastry Pie with New Potatoes and Gravy	Roast Turkey with Yorkshire Pudding and Gravy	Chicken Meatballs with Tomato Sauce and Pasta	MSC Oven Baked Fish Fillet
	Main Option 2	BBQ Vegetarian Sausage Pizza with Herby Potatoes	Shepherdess Pie <i>(Savoury Vegetarian Mince topped with Mashed Potato)</i>	Cheese and Onion Parcel	Vegetarian Lasagne	Crispy Quorn Dippers
	Veg	Sweetcorn Peas	Green Beans Carrots	Roast Potatoes Seasonal Vegetables Savoy Cabbage	Garlic Bread Slice Broccoli Sweetcorn	Chips Peas Baked Beans
	Main Option 3	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Baked Beans
	Dessert	Fresh Fruit / Yoghurt Chocolate and Fruit Krispie Cake	Fresh Fruit / Yoghurt Or Fruit Salad	Fresh Fruit / Yoghurt Or Iced Carrot Cake	Fresh Fruit / Yoghurt Or Cherry and Oat Cookie	Fresh Fruit / Yoghurt Or Strawberry and Vanilla Mousse
Week 2	Main Option 1	MSC Bubble Coated Salmon Fillet	Chicken Katsu Curry with Rice <i>(Breaded Chicken in a Mild Curry Sauce)</i>	Roast Chicken with Yorkshire Pudding and Gravy	Oven Baked Beef Burger in a Soft Roll	MSC Oven Baked Fish Fingers
	Main Option 2	Margherita Pizza	Roasted Vegetable Pasta Bake	Roast Vegan Quorn Sausages with Yorkshire Pudding	Oven Baked Vegetarian Burger in a Soft Roll	Crispy Quorn Dippers
	Veg	Herby Potatoes Sweetcorn Carrots	Carrots Broccoli	Roast Potatoes Seasonal Vegetables Cauliflower Gravy	Jacket Wedges Sweetcorn Carrots	Chips Peas Baked Beans
	Main Option 3	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with Cheese	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Baked Beans
	Dessert	Fresh Fruit / Yoghurt Or Chocolate Brownie	Fresh Fruit / Yoghurt Or Apple Flapjack	Fresh Fruit / Yoghurt Or Fruit Jelly with Mandarins	Fresh Fruit / Yoghurt Or St Clements Shortbread	Fresh Fruit / Yoghurt Or Iced Fruit Smoothie
Week 3	Main Option 1	Vegetarian Sausage Roll	BBQ Beef Pasta <i>(BBQ Minced Beef served with Pasta)</i>	Roast Chicken with Yorkshire Pudding and Gravy	All Day Breakfast	MSC Oven Baked Fish Fillet
	Main Option 2	Margherita Pizza	Swedish Style Vegetarian Meatballs with Gravy and Rice	Roast Quorn with Yorkshire Pudding	Veggie All Day Breakfast	Baked Bean and Cheese Wrap
	Veg	Oven Baked Homemade Jacket Wedges Peas Sweetcorn	Green Beans Carrots	Roast Potatoes Seasonal Vegetables Savoy Cabbage	Hash Browns Baked Beans Sweetcorn	Chips Peas Sweetcorn
	Main Option 3	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese	Baked Jacket Potato with Baked Beans	Baked Jacket Potato with Tuna Mayonnaise	Baked Jacket Potato with Cheese
	Dessert	Fresh Fruit / Yoghurt Or Marble Sponge with Raspberries	Fresh Fruit / Yoghurt Or Fruit Salad	Fresh Fruit / Yoghurt Or Apple Muffin	Fresh Fruit / Yoghurt Or Jelly with Mandarins	Fresh Fruit / Yoghurt Or Ice Cream Roll